

2010 PALARONG PAMBANSA

Tarlac Recreational Park

San Jose, Tarlac

April 11-17, 2010

BOXING GUIDELINES AND GROUND RULES

I. WEIGHT DIVISIONS and AGE BRACKETING

A. Secondary

1. Powderweight (not more than 36 kgs.) - born in 1996 - 1997
2. Mosquitoweight (not more than 39 kgs.) - born in 1994 - 1995
and Paperweight (not more than 42 kgs.)
3. Pinweight (not more than 45 kgs.) - born in 1992 - 1993
and Lightflyweight (not more than 48 kgs.)

B. Elementary

1. Kiddieweight (28.1 – 30 kgs.) - born in 1999 - 2000
2. Antweight (30.1 – 32 kgs.) - born in 1997 - 1998

II. ROUNDS

1. For 36 kgs., 39 kgs and 42 kgs.

A bout in the Powderweight, Mosquitoweight and Paperweight divisions shall consist of three (3) rounds of one and a half (1 ½) minutes each and one (1) minute rest interval between rounds.

A knock down caused by a legal hard blow that landed on the scoring target and fell on the canvass, or two standing eight counts for the whole duration will automatically stop the bout.

2. For 45 kgs.

A bout in the Pinweight division shall consist of three (3) rounds of two (2) minutes each and one (1) minute rest interval between rounds.

Three knock downs or mandatory eight counts in a round and/or four knock downs for the whole duration of the bout will automatically stop the bout.

3. For 48 kgs.

A bout in the Lightflyweight division shall consist of four (4) rounds of two (2) minutes each and one (1) minute rest interval between rounds.

Three knock downs or mandatory eight counts in a round and/or four knock downs for the whole duration of the bout will automatically stop the bout.

4. For 30 and 32 kgs.

A bout in the Antweight and Kiddieweight divisions shall consist of three (3) rounds of one (1) minute each and one (1) minute rest interval between rounds.

IV. ATTIRE

1. Boxers must wear red and blue singlet depending on their designated corner
2. Boxers must wear head guard during bouts.
3. Coaches/Seconds must wear sports outfits.
4. Awardees must be in their team uniforms during awarding ceremony.

V. RECORD BOOK

Record/Medical Book is mandatory (Redbook).

VI. MOUTH PROTECTOR (Mandatory)

Boxers must use mouth protector in every bout.

VII. TOURNAMENT FORMAT

The single elimination format shall be used boxing competitions in all weight categories.

VIII. PROTEST

A protest shall be submitted by the coach and must be signed by the head of delegation 30 minutes after the completion of the session. The protest shall be made in writing and handed to the Tournament Manager.

Prepared by:

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Tournament Manager